



Damien Torres, 7  
Roosevelt School – Kearny, NJ

**FAMILY HELP-LINE 1-800-THE KIDS**

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.njtaskforcecan.org](http://www.njtaskforcecan.org)

M	A					Y
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# June

J	U			L		Y
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S

M

T

W

T

F

S

Summertime is here! This month’s tips will help your family have a safe and happy summer. For more tips, visit [www.safekids.org](http://www.safekids.org).

<p>4 Remember “Back to Sleep.” Placing baby on his or her back, at nighttime and naptime, is the best way to reduce the risk of suffocation.</p>	<p>5 Can your children identify poison ivy? Teach them how to spot and avoid this plant.</p>	<p>6 Keep a written record of each child’s medical history, including immunizations, illnesses, allergies and medications.</p>	<p>7 Swimming season is here. Be sure your children are always supervised around water. Sign them up for lessons.</p>	<p>1 Put together two first-aid kits with remedies for bug bites, poison ivy, splinters, cuts and scratches. Keep one at home and one in the car.</p>	<p>2 Throw away broken toys and sports equipment that can’t be fixed.</p>	<p>3 Teach your kids how to check for ticks after playing in the woods or long grass.</p>
<p>11 <b>Father’s Day</b> A day for dad to plan his favorite activity.</p>	<p>12 Think fire safety this month—and all year long. Store matches and lighters out of children’s reach.</p>	<p>13 Never leave children, pets or fragile adults alone in the car, not even for a minute.</p>	<p>14 <b>Flag Day</b> Teach your children about Betsy Ross, who sewed the first American flag.</p>	<p>8 For times when you’re not home, agree on ground rules about cooking, leaving the house and having friends over.</p>	<p>9 Encourage your children to tell you right away about people or experiences that make them feel fearful or uncomfortable.</p>	<p>10 Safety first! Make sure everyone is buckled up, even if you’re driving just a single short block.</p>
<p>18 Children should always ride restrained with a car seat or seat belt and in the back seat.</p>	<p>19 Was your house or apartment built before 1978? If so, have it tested for lead-based paint and make sure your child’s lead levels are tested too.</p>	<p>20 Teach your children to avoid taking shortcuts through vacant or unknown areas and to walk with someone when possible.</p>	<p>21 <b>First Day of Summer</b> Instruct children never to play in the road and always walk on paths or sidewalks.</p>	<p>15 If your child has special medical needs, make sure teachers, sitters, camp counselors and family members understand how to deal with these needs.</p>	<p>16 Attend graduations, year-end concerts and other events to show the children and teens in your life that you’re proud of them.</p>	<p>17 Heading for the beach this weekend? Don’t forget to take hats, sunscreen and lots of cool drinks.</p>
<p>25 Curious toddlers are attracted to wall outlets. To prevent electrocution, keep all electrical outlets covered with safety plugs.</p>	<p>26 Make sure your children wear light-colored or reflective clothing when playing or riding bikes after supper.</p>	<p>27 Avoid buying children’s clothing with drawstrings. They can get caught in school bus doors, playground equipment and bicycle spokes.</p>	<p>28 Hold a family fire drill. Children (and adults) will be calmer in a real emergency if they know what to do.</p>	<p>22 Make sure the bikers, skaters and skateboarders in your family always wear helmets.</p>	<p>23 Protect your child from poisoning. Store prescriptions, over-the-counter medications and cleaning supplies in a locked drawer or cabinet.</p>	<p>24 Start early to educate your children about the health risks of smoking cigarettes.</p>
				<p>29 Never hang toys with long strings, cords, loops or ribbons in cribs or playpens. Babies may become tangled and choke.</p>	<p>30 A parked car becomes fatally hot very quickly. NEVER leave children alone in a car, not even for a minute, not for any reason.</p>	